

Frosty Berry Blends

Ingredients:

- 1/4 cup milk
- 6 tblsp honey
- 8 oz. cream cheese, softened
- 2 cups each fresh/frozen raspberries & strawberries
- 10 plastic cups = 1/3 cup each

Place 1st 3 ingredients in food processor, and process on high until well blended. Add fruit, cover, and blend until smooth. Pour into cups and freeze. Top with fresh fruit before serving.

One serving = 1/3 cup

Nutritional Analysis per serving:

Calories 260**

Total Fat 14 g**

Saturated Fat 9 g

Cholesterol 40mg

Sodium 160 mg

Carbs 33g

Dietary Fiber 4g

Sugars 26g

Protein 4g

Vit A 10%DV

Vit C 8%DV

Calcium 6%DV

Iron 6%DV

** Use low-fat dairy products to reduce the fat content and calories.

